

Mon 28 August Bank Holiday		Tuesday 29 August		Wed 30 August		Thurs 31 August			Fri 1 Sept	
AM	Pilates Stretch Flow	Zumba	Pilates		Express FTF	Express Pilates Ball	Pilates		FTF	Pilates on Ball
	10.00 - 11.00	11.10-12.00	9.15 - 10.10		9.30 - 10.20	10.30 - 11.20	9.30-10.30		9.00-9.45	9.55 - 10.45
	St Andrews	St Andrews	St Andrews		St Andrews	St Andrews	St Andrews		St Andrews	St Andrews
	Ruth	MarieJo	Ruth		Jane	Jane	Jane		Wendy	Jane
PM	Bank Hol Special	Bank Hol Special								
EVE			Cardio Core		Restorative Yoga		Pilates	Yoga	Cardio Core	
			7.30 - 8.30		7.15 - 8.15		6.30-7.30	7.15 - 8.15	7.30 - 8.30	
			Coldfall		Coldfall		Coldfall	St Andrews	Coldfall	
		Emmanuel		Vikki		Matt	Vikki	Emmanuel		
Saturday 2 Sept					Sunday 3 Sept					www.jcwfitness.co.uk
AM	Pilates Stretch Flow	Dance Fit T	Pilates		Pilates Yoga Flow					
	9.30 - 10.30	10.15-11.15	11.30-12.30		10.00 - 11.00					
	St Andrews	Coldfall	Coldfall		Coldfall					
	Becki	Jane	Jane		Melanie					
	Summer Special									
<i>Non-JCW Fitness guests welcome at our Summer Specials (£10 drop in)</i>										